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EJ|USA



power plays

celebrating women's achievements

IN THIS ISSUE: U.S. BHANGRA | WHAT'S HAPPENING TO BEES? | ADVENTURES IN PHOTOJOURNALISM

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**Saudi families picnic and walk along
the beach in Jeddah, Saudi Arabia.**



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March 2014

power plays

celebrating women's achievements

FEATURE

12 **POWER PLAYS**

Courage Behind the Lens | Survival by Sports | Power to the Women

Departments

3 **SNAPSHOTS OF AMERICA**

Marvel Comics' Superheroine | Mama's Boy | Attuned to the Right Answers | You've Come a Long Way, Dude

4 **PEACE & SECURITY**

The U.N. Up Close

6 **COMMUNITIES**

Between the Pages

8 **LEISURE**

Bhangra Fever

10 **MARKETPLACE**

Around the World in 273 Days

24 **SCIENCE**

Bee Mysteries

28 **EDUCATION**

Classroom 2.0

29 **ARTS**

Saving the World's Treasures

30 **EVERYDAY CONVERSATIONS**

Giving Your Opinion

32 **TANYA HIPLE: LAST WORD**

A Seat at the Table

33 **RESOURCES**

All About English
Connecting the Dots



Madam President?

In the United States, the ranks of women political candidates have been growing, slowly and steadily, for years. Increasingly, capable women are making names for themselves at the local, state and national levels.

In 1984, when Geraldine Ferraro accepted the nomination to run on the Democratic ticket with presidential candidate Walter Mondale, it was almost a “desperation move” to include a woman and thus break new ground, according to Geoffrey Skelley, a political analyst of the University of Virginia’s Center for Politics. Ferraro campaigned for vice president as a three-term representative from New York in the U.S. House of Representatives, a weaker political resume than most candidates for national office.

Three decades later, the picture is different. Just look at recent history. In 2008 Sarah Palin, governor of Alaska, ran for vice president as Republican John McCain’s running mate, and Hillary Rodham Clinton, former first lady and then-senator from New York, was a serious contender for the Democratic party’s presidential nomination. In the 2012 presidential election, Representative Michele Bachmann, of Minnesota, was an early leader among Republican candidates. Today, House Minority Leader Nancy Pelosi, the first female speaker of the House of Representatives, remains among the high-profile leaders in Congress.

Although no woman has announced she is running for president in 2016, pundits throw around several female candidates’ names, including those of senators and former Cabinet members. Skelley posits that a 2016 presidential race with a woman at the top of a party’s ticket could be a “titanic battle,” unlike the 1984 contest, which the Mondale/Ferraro ticket lost by a landslide to Ronald Reagan.

In honor of Women’s History Month, this issue of *EJ|USA* explores women’s increasing participation not just in politics, but in sports, health, business and every part of our society. Women’s ambitions are changing the American landscape.

—Elizabeth Kelleher



House Minority Leader Nancy Pelosi and former Secretary of State Hillary Rodham Clinton

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Marvel Comics' Superheroine

Kamala Khan is an American Muslim student who lives in New Jersey. Comic book readers might not distinguish the teenager from other secondary school girls, except for her shape-shifting abilities. In a new series released in February by Marvel Comics of Spiderman fame, Khan struggles with her identity — loyal to her conservative, Pakistani family yet modern in her behavior — before she follows in the footsteps of her idol, Captain Marvel, and takes on bad guys as Ms. Marvel.

“Like a lot of children of immigrants, she feels torn between two worlds,” said G. Willow Wilson, one of the co-creators of the series, who herself is an American Muslim.

Mama's Boy

A Harvard University study that began in 1938 followed the physical and psychological health of more than 200 men, from college days to old age. The Grant Study of Adult Development found that men who had warm relationships with their mothers in childhood have enjoyed better health and made more money (an average of \$87,000 per year during their careers) than those who did not.

Attuned to the Right Answers

Is the key to clear thinking playing a musical instrument? The more hours people spend practicing musical instruments, the better their brains can process information and make decisions, according to a new study published in *Neuropsychologia*, a scientific journal devoted to cognitive neuroscience. Novice musicians completed cognitive tests* more slowly and with less accuracy than musicians who had clocked more hours of practice. More than 6 million U.S. adults play an instrument two or more times per week.

*Try a cognitive test: What color is each word you are looking at?

blue
pink
gray
tan

green
red
black
white

yellow
orange
purple
brown

You've Come a Long Way, Dude

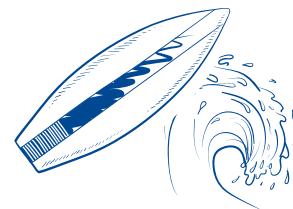
“Dude” may be the most frequently spoken word of American slang. But what exactly is a dude and how did it become a part of our vocabulary?



The word might have been inspired by Yankee Doodle, a character from a famous American song of the **1700s**, who sticks a feather in his cap to look swanky. Some linguists believe “doodle” was shortened to “dude” more than 100 years ago to refer to fashionable dressers.



Urban Mexican Americans and African Americans of the **1930s and 1940s** turned the word into something you call anyone in your social circle, well-dressed or not.



The West Coast surfing culture of the **1980s** used it as an exclamation. (“I just surfed a 12-foot wave. Dude!”)

By now, the word has been used in so many different contexts that most people have trouble describing what it actually means. But don't worry. It's all good, dude.

The U.N. Up Close

LAUREN MONSEN



Taylor (right, with laptop) listens to speakers at a U.N. session in New York.

Two female students from the United States have served terms during recent sessions of the U.N. General Assembly, rubbing shoulders with world leaders while learning about international affairs firsthand.

They are youth observers of the U.N., part of a program run by the nonprofit U.N. Association of the USA in partnership with the Department of State. (Some other countries have sent young people to observe at the U.N. for decades.) In celebration of Women's History Month, *EJ|USA* talked to the two students chosen.



Brooke Loughrin

Who?

Brooke Loughrin, 20, of Seattle served from September 2012 to August 2013 as the first U.S. youth observer at the U.N. She was chosen while a junior at Boston College studying political science and Islamic civilization and societies.

What?

In too many places, Loughrin observed, young women have fewer education and employment opportunities.

She traveled worldwide to talk to other students about how to create grass-roots initiatives in their communities. "I received a hand-written note from a student in Queens [New York], asking me to come speak to her class about how to start a Model U.N. club because she read that I had started one at my school."

Next Steps?

The U.N. has fueled her interest in a foreign-service career.



PHOTOS COURTESY TIFFANY TAYLOR AND BROOKE LOUGHRIN

From left to right: Taylor joins Zeenat Rahman, special adviser to the U.S. Secretary of State; Loughrin with Susan Rice, then U.S. ambassador to the U.N.

CONNECTING THE DOTS: SEATTLE ●; NEW YORK ●; GULFPORT ●

Tiffany Taylor



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Who?

Tiffany Taylor, 24, of Gulfport, Mississippi, is serving from September 2013 through June 2014. Before beginning her term, Taylor graduated from the University of Chicago with high honors, majoring in political science and Asian-American studies.

What?

The U.N. raised her awareness to problems such as femicide, a form of sexism defined by South African feminist writer and activist Diana Russell as the “killing of females by males because they are females.” Taylor said she has been heartened to discover “many women and men working to end global anti-female terror movements.”

Next Steps?

Working with U.S. Ambassador to the U.N. Samantha Power has inspired Taylor to consider becoming a politician. “Unfortunately, female world leaders are rare,” she said. “Seeing [the U.N.] has made me realize the importance of creating programs and fellowships to encourage more women to enter politics.”

Between the Pages

RUXANDRA GUIDI



From top: Jhumpa Lahiri's *The Namesake* was a recent Big Read selection; Kansas City commuters participate in a citywide read; a coloring booth at a Big Read event in California

COURTESY MATTHEWS OPERA HOUSE & ARTS CENTER, KCBIGREAD.ORG, CITY OF LOS ANGELES DEPARTMENT OF CULTURAL AFFAIRS

They decided to apply for a grant just two days before the application was due.

Mary Beth Barloga, education director for the San Leandro History Museum, said, laughing, that choosing which book to read for their book club all came down to “a good formula.” Hers is one of 50,000 U.S. book clubs, small informal groups that meet to discuss books and related topics. With the help of a grant from The Big Read, a program of the National Endowment for the Arts, the city of San Leandro was not only able to encourage fiction reading among new readers, it also helped to fulfill The Big Read’s main mission: revitalize the role of literature throughout the United States, one book at a time.

“We had a long list of activities we were eager to do with the book — a kickoff event, book clubs, panel discussions, movie screenings, performances, children’s events. When we found out that one-third of our population is of immigrant background, we decided to go with *The Namesake*.”

The Namesake, the first novel by Indian-American Jhumpa Lahiri, tells the story of a Bengali couple who leave their home in India for the United States. It is an epic story about migration and settlement, one that Barloga knew would appeal to a growing segment of San Leandro’s population, whether they be South Asian, Latin American or from a different immigrant background.

The inaugural Big Read in 2007 featured four books in 10 communities. Today, almost 100 communities nationwide are participating in the program. Its sister program, One City, One Book, encourages entire municipalities to read the same book at the same time. In some cases, novels like *Bless Me, Ultima* by Chicano author Rudolfo Anaya have been featured by both programs, drawing in mostly Latino secondary school-age and adult readers.

Before *The Namesake*, the choice for The Big Read at San Leandro Public Library was Zora Neale Hurston’s *Their Eyes Were Watching God*. A novel that follows a free-spirited woman’s trials in a small Southern town, it touched many people whom Barloga referred to as “reluctant

readers.” It drew many new African-American readers to the library, spawning 28 different book clubs and a total of 250 participants of different ethnic and cultural backgrounds.

“We’re finding that some people who tend to be more auditory and maybe somewhat reluctant readers really enjoy discussions and films about the book,” she said. The Big Read approach to making a book come to life with events and gatherings gives readers “better access to the book, especially for adults,” who may be more inclined to read novels that connect them with others in their community, Barloga said.

In 2004, a report by the National Endowment for the Arts (NEA) confirmed the need for the type of approach Barloga so passionately advocates. Fiction reading in America was decreasing quickly, especially among youth. In response, the NEA, in partnership with the nonprofit Arts Midwest, came up with a model that creates local, community-wide programs that encourage reading and participation by diverse audiences.

“Initially, The Big Read catalogue included mostly literary classics,” said Joshua Feist of Arts Midwest. “But in recent years, [book club clearinghouse] the Reader’s Circle has recommended more recent titles by acclaimed living authors who write about characters from all walks of life, including immigrants.”

Among those newer Big Reads are *The Beautiful Things That Heaven Bears* by Dinaw Mengestu and *When the Emperor Was Divine* by Julie Otsuka, about the experiences of Ethiopian and Japanese immigrants in America, respectively.

Latino and immigrant readers in particular also connected to *Sun, Stone, and Shadows*, an anthology of 20th-century Mexican short stories.

“This isn’t a very accessible book,” said Amber Gallup Rodriguez of the Society of the Muse of the Southwest, or SOMOS, in Taos, New Mexico. “The stories are difficult — they deal with ghosts, mystery, poverty, and war.”

Despite the difficult subject matter, Gallup Rodriguez said, numerous book

clubs throughout Taos read *Sun, Stone, and Shadows*. The discussions are held in both informal and formal settings, in English and in Spanish. They focus on what gets lost in translation from the original Spanish version, as written by Mexican authors like Octavio Paz and Carlos Fuentes.

The city of New Rochelle, New York, which chose *Sun, Stone, and Shadows* as a Big Read last year, had a different, if not completely unexpected, experience. The Mexican short stories brought together book clubs made up of an eclectic mix of people such as English-as-a-Second-Language (ESL) teachers and students, congregants of synagogues, seniors and college students. “Residents of the larger New Rochelle community were grateful for the opportunity to build cultural bridges,” said Barbara Davis, community relations coordinator for the New Rochelle Public Library.

For 2014, about one-sixth of Big Read grants were awarded to communities in California — home to more immigrants than any other U.S. state. The state is also at the forefront of immigrant integration. San Leandro’s Mary Beth Barloga views book clubs as an important part of the effort.

“We’ve had more African-American readers in Zora Neale Hurston’s book clubs, more Latinos coming out for the Mexican short stories anthology,” she said. “But we’re also seeing growing diversity in all book clubs. Because everyone can relate to stories about culture, family and identity.” ■

CONNECTING THE DOTS:

SAN LEANDRO ●; TAOS ●; NEW ROCHELLE ●

Poet Steven Schneider reads from *Borderlines: Drawing Border Lives* at a Big Read event in Taos, New Mexico.



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How to create a book club

- 1 Give away books** at libraries, food banks and schools. Encourage readers to pass them on to others when they’re done.
- 2 Engage local** businesses and nonprofits in spreading the word about reading or literary events.
- 3 Reach out to bilingual programs** at schools and encourage kids and parents to attend book clubs.
- 4 Bring in guest speakers** to focus on the historical period surrounding a book.
- 5 Recruit local “cultural ambassadors”** — former students who grew up in a particular community — to reach out to their friends and family and suggest book club events.
- 6 Program movie screenings** and field trips to engage the community.



COURTESY THEBIGREAD.ORG



Bhangra Fever

MOMO CHANG

Bhavi Vohra started dancing bhangra as a child at family gatherings in San Jose, California, not knowing that she would one day lead her university's bhangra team. "It was just something that I enjoyed doing," said the 21-year-old University of California, Berkeley student, who comes from an Indian family.

Bhangra originated in the Punjab region in South Asia and remains an essential musical genre in Pakistan and India. Once a community folk dance celebrating the harvest, it gained in popularity and was danced at weddings, birthdays and local fairs. Today, interest in bhangra has spread across the seas, fusing tradition with Western music in the U.S., Canada and U.K.

Like hundreds of other young adults, Vohra joined her bhangra team in college to be a part of something bigger. She found a sense of belonging as well as an opportunity to continue learning about her Indian culture. At first, she didn't realize that people besides her family members and Indian community also enjoyed bhangra. "I was shocked that this scene existed," she said.

Cal Bhangra co-captain Manreet Sandhu, 21, did not have a strong connection with his Indian heritage until he discovered bhangra videos on YouTube as a teen. He was enthralled by the movement and music.

"I wanted to speak Punjabi. Otherwise, I couldn't understand the lyrics," said Sandhu, who grew up in the U.S. and whose parents emigrated from the Punjab region in India. "That first spark turned into a fire."

Dozens of college bhangra teams exist in the United States today and many compete in intense competitions catering to the growing dance scene. The Cal Berkeley students rehearse up to four times a week for two to three hours at a time. In the parking lot by the school's gym, they practice new steps to gear up for the student-run competition in Pittsburgh called Bhangra in the Burgh. They often

teach themselves new choreography — kicks, leaps and body bends — by studying videos of Indian university teams.

As a result of their dedication, Cal Bhangra became the first West Coast-based team to win Bhangra Blowout, the United States' oldest collegiate competition, in 2012. Debuting 21 years ago, it is one of the largest student-run South Asian events in the U.S. and remains the biggest collegiate-level bhangra competition. The Cal Bhangra team's elaborate eight-minute routines feature not just quick feet, but the rhythmic beat of the dhol drum and traditional clothing in vibrant hues. The dancers also play instruments like the sapp, which opens and closes like an accordion and mimics the sound of a storm — a nod to bhangra's roots in Vaisakhi, the Punjabi harvest festival.

"It's nice for students to share this culture with other students," said Amita Achutuni, who helped organize Bhangra Blowout for four years with George Washington University's South Asian Society. Teams like Cal Bhangra also welcome African Americans, Caucasians and Filipinos.

Reaching to a wider community, bhangra has gone past the ivory tower and into the mainstream. Bhangra Empire, based in Northern California, performed at the White House for a state dinner with President Obama and Indian Prime Minister Manmohan Singh in 2009. The group also appeared on the popular reality show *America's Got Talent*.

"Our mission has always been to bring bhangra to the mainstream and share our culture to people who may not be exposed to it," said co-founder Michelle Puneet Mirza, whose dad is Punjabi and whose mother is Caucasian.

In New York, NYC Bhangra includes "Mommy and Me" classes, where the youngest students are 2 years old. Megha Kalia, who emigrated from India to the U.S. as a teen, founded the group. She hopes more people get into bhangra. "You may have two left feet," she said, "but you can bhangra." ■

The Music of Bhangra

Traditional bhangra music today is often mixed with pop. In 2001, rapper Missy Elliott infused her infectious hit "Get Ur Freak On" with upbeat bhangra sounds. Red Baraat, an ethnically diverse band that performs internationally, merges funk, jazz, hip-hop and bhangra.

The traditional instruments used in bhangra include:



Dhol

a two-sided drum that keeps the beat

Algoz

(or Algoza)
a pair of flute-like instruments

Chimta

a stick with bells

Tumbi

a single-stringed instrument



CONNECTING THE DOTS:

SAN JOSE ●; BERKELEY ●; PITTSBURGH ●; NEW YORK ●; LOS ANGELES ●; WASHINGTON ●

Top Bhangra Competitions at U.S. Colleges

- **Bruin Bhangra** is hosted by the University of California, Los Angeles, and is one of the largest West Coast competitions, taking place over three days (Spring).
- **Dhol Di Awaz**, hosted by UC Berkeley in Northern California, means "the sounds of the drum" (Fall).
- **Bhangra in the Burgh** is hosted by Carnegie Mellon University in Pittsburgh and raises money for a local charity (Fall).
- **Bhangra Blowout**, organized by the South Asian Society at George Washington University in Washington, was the first college-level bhangra competition in the U.S. (Spring).

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Gai in Sydney, Australia.



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worldstartupreport.com



Around the World in 273 Days

ANDRZEJ ZWANIECKI

COURTESY BOWEI GAI

On New Year's Eve of 2012, Bowei Gai, then 28, announced on his blog that he would be flying from San Francisco to New Delhi. The flight would be the beginning of an unusual journey.

"I set off with just a carry-on and my trusty laptop. ... I was ready with a capital 'R' to explore the world of startups," he said. From New Delhi, his journey took him to 34 cities in 29 countries and ended nine months later in Singapore.

Before the trip, Gai had worked for large high-tech companies including Apple Inc., where a manager had once told him to "go and change the world." Shortly after, he had co-founded two tech startups, the second of which — CardMunch — he sold to LinkedIn Corporation in 2011.

Gai never forgot the manager's advice, and with the money from the CardMunch sale, he decided to visit high-tech startups around the world and connect them with each other and to potential investors. He wanted to take the temperature of the "entrepreneurial fever" in each place and find out how new ventures cope with challenges in their respective environments.

Eager to share what he learned after completing his journey, he recently presented his findings at the State Department in Washington. "We can help each other, and that's going to create a better world startup community," Gai said.

Startup Adventure

A 2011 trip to China sparked the idea for his plan to change the world. (Gai, a native of China, moved with his parents to the U.S. when he was 12 years old.) After talking to dozens of Chinese entrepreneurs and investors, Gai produced a slideshow report on the Internet about the struggles and successes of local startups. The slideshow went viral.

With his worldwide trip, Gai wanted to expand this experience. His globe-trotting research method was enthusiastically received by local startup communities everywhere. He talked to entrepreneurs, investors, policymakers and even people he met by chance (such as taxi drivers) to get a sense of local business climates, technology infrastructure and talent pools. Gai recruited a local entrepreneur in each country to become an ambassador who would promote the World Startup Report, as Gai called his project, to his or her own startup community and serve as an information clearinghouse.

As wired as he was — equipped with an iPhone, Mac laptop, iPad mini and the Google Glass wearable computer — Gai said he learned the hard way what entrepreneurs in less-developed countries deal with in their daily lives. In New Delhi, he was overcharged by taxi drivers and hotel managers. In other countries, his accommodations ranged from seedy hotel rooms to a couch in a stranger's living room to space under an office desk. "Everything you can think of," he said.

But he took advantage of the entrepreneurial skills of the locals. A woman he met by chance in India used her expertise to plan the remainder of his trip, for instance. Countless local volunteers helped him arrange meetings.

Gai plans to publish free online reports on each country he has visited. To make it happen on a shoestring budget, he left for the Philippines, where he can rely on relatively well-developed technology infrastructure and local talent.

Gai said his project confirms the power of entrepreneurship. "The people I've met and the passion they have for what they do, oftentimes in the face of great adversity, is equal parts motivating and humbling," he said. ■

Gai's Entrepreneurial World Without Borders

- **Start anywhere.** In Nepal, where the electricity supply is limited to 12–16 hours a day, a four-year-old software-development company employs 100 people. It even acquired a startup based in Silicon Valley in California.
- **Earn your own capital.** In most countries, it's difficult to raise capital to launch a company. Many entrepreneurs start saving money for their ventures by doing consultant work.
- **Go against tradition.** In South Korea, landing a good job at a large corporation is more appreciated by families than starting a company is. In India, entrepreneurs might be considered undesirable marriage candidates.
- **Find ingenious solutions.** Successful entrepreneurs see problems as opportunities. In India, where smartphone penetration is relatively low, JustDial provides local search services via landline and mobile phones. Argentina's economic constraints "have produced the best entrepreneurs in Latin America," Gai said.
- **Reach for the sky.** In Israel, about 70 percent of the entrepreneurs at a meetup Gai attended said they believed they could build a billion-dollar company. "With this much ambition, drive and optimism," Gai said, "some of them could be right."
- **Help the next guy.** Start-Up Chile, a business accelerator open to entrepreneurs from all countries, measures its success not only by the number of startups it fosters, but also by the time they invest in promoting local entrepreneurship.
- **Stay put.** The Internet and wireless access level the playing field for tech-savvy entrepreneurs around the world. "The next Facebook may not come from Silicon Valley," Gai said.



FEATURE

Power Plays

Women are covering new ground.



Top: Women rally for the right to vote in 1915.
Bottom: Democratic Leader Nancy Pelosi with women of the House in 2013.



Courage Behind the Lens

SASHA INGBER

When Lynsey Addario was 2 years old, she perched on her dad's shoulders in their swimming pool in Westport, Connecticut. She didn't know how to swim, and he didn't want her to fall into the water. Suddenly he felt her legs scrambling against the back of his neck, and the next thing he knew, she dove in.

Now 40, Addario — the daughter of hairdressers — continues to be fearless as she photographs people in settings ranging from combat zones to private homes. Trekking across the world as few female photojournalists have, the freelance photographer, who is little more than 1.5 meters tall, has been held at gunpoint for eight hours and held captive for six days. She broke her collarbone in a car crash yet still danced at her wedding seven weeks later. “Fear is part of the job,” said Addario, “but the camera has a way of helping you through it.”

Her first camera was an old Nikon FG that her father gave her when she was 13 years old. It had been a gift from one of his clients at the hair salon. Playing with shutter speed and light, she became fascinated with the camera's ability to capture moments. She read photography books and visited quiet cemeteries and gardens to snap pictures. “I was too shy to photograph things like people,” she said.

Long before working for the *New York Times* and *National Geographic* magazine, becoming a MacArthur “Genius” fellow or winning a Pulitzer Prize, Addario received her first assignment from the *Buenos Aires Herald*: photograph Madonna during the filming of the musical *Evita*. Addario was 23 years old and without professional training at the time. Relying only on her bachelor's degree in international relations, along with a bit of the performing arts, Addario talked her way onto the set.

She comes from a long line of brave women. Her grandmother, now 96 years old, arrived on Ellis Island in the United States from southern Italy with nothing and found work at a farm, then a factory. Her other grandmother, now 100, was abandoned by her husband and supported five children as a seamstress. Addario and her three older sisters were raised to look beyond obstacles. “It was not ‘Can I do this?’ but ‘How can I do this?’” she said.

By age 26, Addario had saved and borrowed money from one of her sisters so she could fly to the Middle East with her camera. She has since traveled to more than 15 countries, chronicling scenes of war as well as civilian life — from ostracized widows in India to enthusiastic schoolgirls in Afghanistan to victims of sexual assault in the Democratic Republic of the Congo.

Because her work demands that she be strong enough to climb hills, wade through streams and stand for hours with heavy equipment, she runs and lifts weights every day. The job requires a strong heart, in every sense, especially when she covers women's issues. Sometimes as she takes pictures, tears blur her vision. While documenting the treatment of breast cancer in the developing world, as well as the devastation the disease can bring to its victims and their families, Addario watched a little girl approach her mother's coffin and shout out for her in confusion and despair.

“I was crying so hard that I messed up the picture,” said Addario. “It's completely out of focus. I see people die in front of me all the time and sometimes I can be strong, and sometimes I can't.”

In 2010 and 2012, Addario filmed maternal mortality in Sierra Leone, where 1 of every 23 women dies in childbirth. Once the national government and the international medical humanitarian organization Doctors Without Borders began providing free health care and emergency services to pregnant women, the mortality rate in Bo district dropped 60 percent. Addario's video was used to raise hundreds of thousands of dollars for maternal care. (And as a result of Addario's work on breast cancer, the little girl's aunt detected a lump in her breast that was safely removed.)

Compassion impels Addario to capture small, intimate mo-

ments in pixels. “I care about the people I'm covering,” she said. “What happens in an uneventful moment sometimes shows a lot.”

She says being a woman has allowed her to go beyond the frontlines into people's homes. She carries a picture of her 22-month-old son in her passport, and shows images of her husband and son to the people she photographs. It's a way to connect with them, and a reminder of her own home. ■

The following pages feature photos by Addario.

“It's a complete honor every single day that I do this job. I can't believe I get paid to be around the most resilient people in the world.”

- LYNSEY ADDARIO

London-based
photojournalist
Lynsey Addario.



A woman heads home after treatment at the Gondama Referral Center, where doctors assist in childbirths and post-natal care, in Bo, Sierra Leone.





Family members mourn the death of Mamma Sessay, who died in childbirth in Sierra Leone.



Children enjoy the palace pool of former Iraqi leader Saddam Hussein.





Saudi women look out onto Riyadh from The Kingdom Center, Saudi Arabia's tallest building.



A widow sings during an afternoon chant at an ashram in Uttar Pradesh, India.

Motocross biker at Ride for the Cause in Anza, California.



Survival by Sports

TIM NEVILLE

One day last October near Anza, California, a throaty roar split the air as 10 young, athletic women twisted the throttles on their motocross bikes that screamed along a dirt racetrack. The drivers zoomed around the corners, blasted down the straightaways and hit jumps so hard they flew for 27 meters through the air, four stories off the ground.

“When I say they were flying, I’m not exaggerating,” said Laurie Cary, who organized the race. “These women are pros, and they really put on a good show.”

The show in this case was the seventh annual Motocross Ride for the Cause, a high-octane event with a sober mission. Every year, hundreds of thousands of people are diagnosed with breast cancer — the most common type of cancer affecting women, according to the U.S. Centers for Disease Control and Prevention. Over several years, Cary’s event has raised more than \$150,000 to help women get mammograms, see doctors and otherwise navigate their way through a life-threatening experience.

Her riders that day in October may have been wearing silly pink tutus and garish bras on the wrong side of their racing suits, but some of them were recovering from difficult treatments and others were honoring loved ones who had lost their lives to cancer.

Scores of adventurous, athletic women across the United States — and the world — have created their own groups and events to support breast cancer research or to help victims find support and confidence through outdoor sports. The formula for each group varies, but the idea is always the same: Rally people around a cause and give them something new and exciting to do.

“When I was diagnosed with breast cancer, I felt like my body had betrayed me,” said Doris Parker, one of three founders of WeCanRow DC, a Washington-based club that brings breast cancer survivors together to teach them to race sleek boats on the Potomac River. “Rowing was a way for me to believe in my body again, to get me out and moving. It’s a team sport too, so rowing is like a support group on the water. You’re all in the same boat, literally.”

According to Parker, a growing body of research shows that exercise may help tissues heal after they’ve been cut or damaged during breast cancer treatments.

Skim 2 Live

Outdoor sports groups that have taken up the cause of breast cancer don’t just cater to women. In 2010, about 2,000 men died of the disease. Many men also raise money for cancer research and to help survivors. Twenty-two-year-old Carey Seyler, for instance, has raised about \$30,000 for The Rose, a nonprofit breast cancer organization in Houston. He does it through skim boarding competitions, where contestants run and then hop onto thin, finless surfboards, or skimboards, that hydroplane across stretches of water so shallow that they are often less than an inch deep. Riders are judged on how well they can perform tricks just as a skateboarder might.

“We love skim boarding so we just made it happen,” said Seyler, whose mother died from breast cancer when he was 9 years old.

The coolest part? All Skim 2 Live events are run by teens in secondary school.



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Some of the movements that physical therapists recommend to stimulate recovery are similar to the soft, rhythmic motions used to cast a lure in fly-fishing. For that reason, a reconstructive breast surgeon started Casting for Recovery, a fly-fishing program for survivors, in 1996. The benefits are also mental, said Whitney Milhoan, the group's director.

"Just being reminded to have patience and to focus on the moment, like in fishing, is an important part of recovery," she said.

During the weekend event, participants learn about insect life cycles, the ins and outs of tying lures and ultimately how to cast them in hopes of landing a cutthroat trout from a Montana stream or a small-mouth bass in a Texas pond.

Last year, more than 600 women attended the camps in 32 states. Virtually none of them had ever used a fly rod before, Milhoan said. Fly-fishing tends to be a male-dominated sport, and many American women have not been introduced to it. "We want women to be given the opportunity to challenge themselves in a safe environment in the outdoors," Milhoan said. "It's a new outlet that gives them a sense of community." ■

CONNECTING THE DOTS: ANZA ●; WASHINGTON ●; HOUSTON ●



**Breast cancer survivor
Dr. Samia Al-Amoudi.**

COURTESY PHOTO

Speaking Out

Courage among breast cancer patients to break barriers extends far beyond the realm of sports. In Saudi Arabia, Dr. Samia Al-Amoudi was diagnosed in 2006 with breast cancer. "Breast cancer is considered a taboo," she said of Saudi culture in an interview with the Seattle-based Breast Health Global Initiative filmed in 2011. "Survivors aren't known because nobody talks about it."

Al-Amoudi did. She is now the founder and chief executive of the Sheikh Mohammed H. Al-Amoudi Center of Excellence in Breast Cancer in Jeddah, a facility that has greatly increased the care and support that breast cancer victims in her country desperately need. In March 2007, the U.S. Department of State awarded her the first International Women of Courage Award for raising awareness about the disease across Saudi Arabia and the Middle East.

"Being a physician myself, and being a patient, I felt it was a responsibility and my duty to break the silence," she said. "I didn't want to see a woman suffering the way I did."



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Batting Away Breast Cancer

SUSAN MILLIGAN

Female members of Congress don't always agree on policy, but when it comes to helping people diagnosed with breast cancer, the women are all on the same team.

Every summer since 2009, women of the House of Representatives and the Senate — Democrats and Republicans alike — have played a softball game against women in the media. Proceeds from ticket sales go to the Young Survival Coalition, which supports breast cancer patients. Started by Representative Debbie Wasserman Schultz, herself a breast cancer survivor, the game

not only raises cash for charity, but helps the lawmakers get to know each other on a more personal level. Women in both political parties said it has spurred them to work together more cooperatively in Congress.

"It's one of those social events we don't do enough of here, and it's for a good cause," said Senator Jeanne Shaheen, a Democrat from New Hampshire, the only state in the nation with an all-female congressional delegation. According to Representative Shelley Moore Capito, a West Virginia Republican, playing on the same team "forges the relationships we all know are lacking" on Capitol Hill.

And the players are dedicated to the game. They start practicing in early spring: twice a week practices as early as 7 a.m., moving up to three times weekly as game day gets close. Some players show up early to run laps around the field. They have coaches, fielding drills and hitting drills.

In 2013, the congresswomen led until the sixth inning, but the press corps rallied to score several runs and won the game, 11-8.

The hard work paid off in a more important way, though: In just a few hours, they raised \$125,000 for the Young Survival Coalition.



U.S. Representative Joyce Beatty practices her swing for the Congressional Women's Softball Game in Washington.

Power to the Women

Susan Dabaja, a Lebanese-American lawyer and mother of three, had never run for public office. But she wanted to bring more jobs and quality public services to her Dearborn, Michigan, community, so she ran for city council, unsure if she would win one of the seven seats to become the council's only female member. Not only did she win, she got more votes than all other candidates and became Dearborn's first Arab-American city council president.

Dabaja, whose parents emigrated from Lebanon in the late '70s, credits old-fashioned, door-to-door campaigning, a supportive husband and another hardworking Lebanese-American woman, Mallak Beydoun, who ran her campaign. "The majority of my other volunteers were female as well, and what was exciting was having ladies in their 30s, 40s and 50s, who had emigrated from Lebanon and were excited to be involved in the democratic process here in the U.S.," Dabaja said.

Dabaja's election is one of many firsts for women in American politics. Women hold a record 20 seats in the 100-member U.S. Senate, 78 seats in the 435-member House of Representatives and more than 2,000 positions as governors, state legislators and mayors.

Harnessing the Female Vote

Women had the right to vote in some states in the 19th century, but full suffrage was not extended to women until 1920 through an amendment to the U.S. Constitution.

Female voters have an enormous influence on elections, whether the candidates are male or female. Women don't necessarily all vote the same, said Debbie Walsh, director of the Center for American Women and Politics at Rutgers University in New Brunswick, New Jersey, but candidates pay attention to women voters' various interests. Why? More women than men have voted in every single presidential election since 1964.

Balancing Politics with Gender

The two major political parties are still trying to get more women into elected office today. The problem isn't that people won't vote for a woman; it's that many qualified women need to be convinced that they are qualified to serve, according to Marcy Stech of EMILY's List, an organization that recruits and helps Democratic women to run for office. (EMILY is an acronym for the words "early money is like yeast," an oft-used truism about political-candidate fundraising.) "What we see is that when women run, women win. But they need to be asked." Many also need to be reassured that they can have a political life and a family life.

Representative Debbie Wasserman Schultz, a Florida congresswoman who is also the first woman to head the Democratic National Committee, calls herself a "mom adviser in recruitment," explaining what's needed to mount a campaign and run. "Women have to make sure their partner or spouse is on board. They also have to figure out the double whammy: How am I going to make sure my kids have their needs met? Who's going to drive the carpool?" she said, herself the mother of three. "That's something women have to talk through."

Republicans have their own program, called Project GROW, to recruit more women to run for office. Aside from helping would-be candidates with the mechanics of a campaign (including raising money to run), Project GROW (Growing Republican Opportunities for Women) provides new female candidates with mentors, said Andrea Bozek, spokeswoman for the National Republican Congressional Committee.

Being female can be a real plus, said Rae Chornenky, president of the National Federation of Republican Women. "We're told consistently that women have a greater responsiveness to citizen needs."

A woman's election can have a big impact on the younger generation. Dabaja's 10-year-old daughter, Noel, approached Beydoun after Dabaja's win, asking Beydoun to be her own campaign manager.

Noel plans to run for city council when she grows up. ■ —S.M.

CONNECTING THE DOTS: DEARBORN ●; NEW BRUNSWICK ●

WOMEN IN POLITICS: A TIMELINE



Women's suffrage started out as an anti-slavery movement, with **Elizabeth Cady Stanton** and **Susan B. Anthony** leading the way. Women got the vote in 1920.



Jeannette Rankin was the first female elected to Congress. Representing Montana, she said, "I may be the first woman member of Congress, but I won't be the last" after her 1916 win.



Frances Perkins, secretary of labor under President Franklin Delano Roosevelt, was the first woman to serve in the Cabinet. She was a key player in writing the New Deal legislation, including setting minimum wage laws.



Margaret Chase Smith, a Maine Republican who was the first woman to serve in both the House and the Senate, was famous for her "Declaration of Conscience" speech against the character attacks of Senator Joe McCarthy.

CAMPAIGN

RAISE MONEY

Alumni networks and wedding guest lists are possible places to start.

ASSEMBLE TEAM

Candidates need a campaign manager and volunteers to call voters or knock on their doors.

EXPLAIN

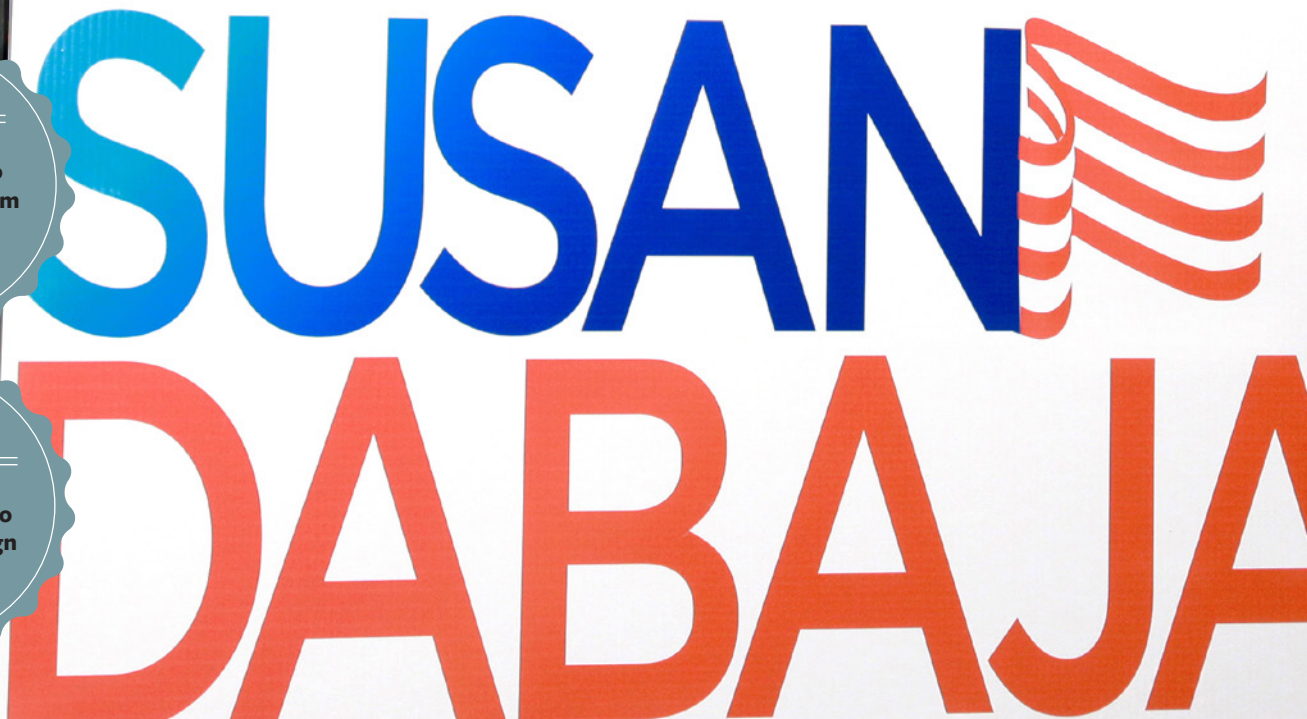
The candidate herself needs to write up a platform explaining her positions and ideas.

SEND FLIERS

Use the money the team raises to produce campaign fliers and buy ads.



Susan Dabaja became Dearborn's first Arab-American city council president in 2013.



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Shirley Chisholm was the first black, female major-party presidential candidate. She said, "My greatest political asset, which professional politicians fear, is my mouth, out of which come all kinds of things one shouldn't always discuss for reasons of political expediency."



Geraldine Ferraro was the first woman to be nominated for vice president on a major ticket. "If we can do this, we can do anything," she said at the 1984 Democratic National Convention in San Francisco.



Sarah Palin was the Republicans' first female vice presidential nominee in 2008. A self-described "hockey mom," the Alaska-bred Palin also knows how to hunt and field-dress a moose.



Hillary Rodham Clinton went from first lady to politician, earning 18 million votes in her losing presidential quest. The "glass ceiling" keeping women from higher office got "about 18 million cracks in it," she said in 2008.

©AP IMAGES



A metallic green *Lasioglossum*, or sweat bee, in the *Dialictus* group.

Bee Mysteries



There are 400 bee species in North America without names. “We know so little about them, yet we are so incredibly dependent on them,” said Sam Droege, lab chief at the U.S. Geological Survey’s Bee Inventory and Monitoring Lab.

Even the well-known honeybee mystified scientists in 2006, when beekeepers began finding their hives empty, save for a lonely queen. No one knew why the bees were flying away to pollinate crops but not returning. Scientists called the phenomenon colony collapse disorder.

Buzzing pollinators, which feed off of pollen, transport grains as they move from bloom to bloom. Their busy work is behind one of every three bites of food we eat — mainly fruits, vegetables and nuts. But the record loss of honeybees in the U.S. — the primary species used commercially to pollinate crops — reached 45.1 percent last winter, jeopardizing U.S. agricultural productivity.

This vulnerability is shared across the globe, not just because South and Central America and Europe also reported declines in their honeybee populations, but because many countries depend on pollinators to produce crops.

Honeybees aren’t the only threatened bee species in the U.S. Droege believes that some bumblebee populations have collapsed because scientists find them less frequently nowadays. Other species, like the oil-collecting *Macropis*, which once appeared with regularity, are now almost never found.

No one culprit can bear the brunt of blame, said Barbara DeRosa-Joynt, chief for biodiversity in the U.S. State Department’s Bureau of Oceans and International Environmental and Scientific Affairs. A host of variables contribute to the honeybee decline, from new diseases introduced when exotic bees were brought to the U.S., to excessive use of pesticides (which can peak two years after they’re applied), to parasites, fungicides, droughts and winds.

Another factor threatening American bees is habitat loss. “The biggest ‘criminal’ could be the homeowner,” said DeRosa-Joynt. Approximately 60 percent of bees are specialized to pollinate certain plants. Anytime a home gardener uproots a native plant to make room for an exotic plant, a bee loses a potential food source. Multiplying these losses across neighborhoods, towns and cities, pollinators start to starve. “Whenever you plant houses, so to speak ‘suburban habitats,’ you’ve eliminated their houses,” said Droege.

No current studies monitor how wild bees are faring. In fact, because 400 species lack names — while others boast two names because taxonomists confused the visual differences between males and females — ecological studies don’t have a point from which to begin.

Droege is working to change that. He began collecting bees in 1998, and his lab team has now identified about 1,500 bee species. They are beginning the North American Native Bee Survey in the winter of 2013–2014 and expect that 10 years of research will be needed to understand changes in wild bee populations.

As a way to identify bees, the team has taken to photographing its specimens with a macro lens. Up to 300 images are stitched together to create a single shot. Every vein of the bee’s iridescent wing, along with its bumps and hairs, becomes visible to the human eye.

Part of the thrill for Droege is that he can make discoveries in his own backyard, come spring, summer and fall. “There is an adventure to it,” he said. “‘What is that insect called?’ You’re in a place where anything you write down becomes a big contribution.” ■ —S.I.

HOW TO

Attract Your Own Pollinators

You don’t need a field of flowers to attract pollinators such as bees, butterflies and birds. “You can make a wildflower meadow in a pot with three key native plants,” said Barbara DeRosa-Joynt. In fact, many suburbs and cities attract a more diverse array of pollinators than wild lands.

Whether you have a yard or a window box, stay away from chemicals such as pesticides and fungicides that kill insects. Grow plants that bloom from early spring until late fall. Buy native plants instead of exotic equivalents. And consider that a garden is not just a beautiful, fragrant place, but a community for tiny living things.



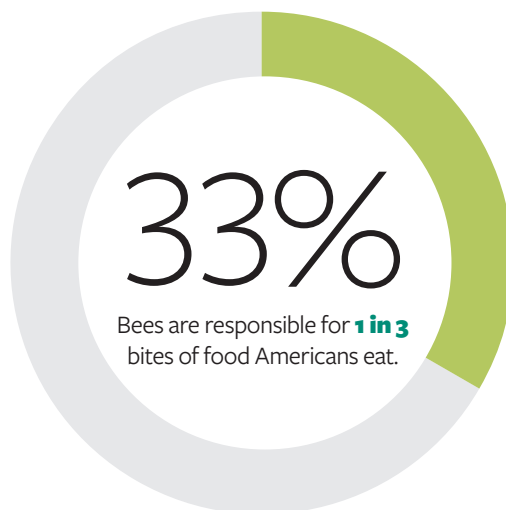
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NATIVE PLANTS

- Readily available
- Suited to climate and weather
- Insects have evolved with the plants and can feed on them

EXOTIC PLANTS

- Brought from afar
- Potentially invasive
- Inedible for insects even if labels say “pesticide free”





“We know so little about them, yet we are so incredibly dependent on them.”

–SAM DROEGE



Sam Droege tends to his garden.

SASHA INGBER

Classroom 2.0

MARK TRAINER



Kepler's "inverted classroom" moves lectures online and uses classroom time for active learning.



In September 2013, **an unusual educational program in Rwanda** welcomed its first class of students. If the program is successful, developers believe it could become a new educational model for students all over the world.

Kepler, an educational program in the capital, Kigali, that was started by the American nonprofit Generation Rwanda, strives to combine the personal connection of a traditional classroom with the reach of massive open online courses (MOOCs).

Like many countries in the developing world, Rwanda has universities that are inaccessible to most citizens. One year's tuition costs far above the average annual income, so only 6 percent of university-aged Rwandans can take advantage of higher education.

For the past decade, Generation Rwanda has helped Rwandans attend university, providing tuition, housing, living money and supplemental learning programs. Today, the nonprofit boasts a 97 percent employment rate for its graduates.

Kepler is the next step in bringing higher education to more Rwandans and, the organization hopes, to people in other developing nations worldwide.

At the moment, Kepler is focusing its efforts on the 50 students working on laptops in a one-room school in Kigali. They are the pilot class, chosen from 2,696 applicants, who will work first toward an associate degree from Southern New Hampshire University's College for America program and eventually earn a bachelor's degree.

The students receive instruction from MOOCs selected from universities worldwide and receive live lessons provided by a team of teachers — five from Rwanda, two from the U.S. and one from Jamaica. Chrystina Russell, Kepler's chief academic officer,

describes it as a "flipped model," in which classroom instruction and discussion take place after the students have completed online components.

The Rwandan instructors (two of whom are former Generation Rwanda scholars) will be an essential part of the classroom's success, said Carolyn Tarr, one of the U.S. teachers. "They have a much better understanding of what a secondary school looks like for these students," she said, "a much better understanding of the learning gaps the students are coming in with, and a much better cultural understanding of what's appropriate versus what we might consider appropriate in an American university."

The Kepler team emphasizes the experimental nature of the pilot program. The first months of the program demonstrated that the 50 students, who receive laptops with modem sticks, aren't the only ones who are learning. "The Internet connections in Rwanda can be tough," said Russell. The team put the MOOC content onto thumb drives and had the students load the MOOCs onto their computers. "The MOOCs come from online, but they're not actually watching them online," Russell said.

Tarr thinks the Kepler program could become a template for education in the developing world: "There are any number of things we're doing that people could replicate almost identically or take and modify for the cultural context they're in." For now, she's committed to helping the students to earn their degrees.

"I want to see this group of students graduate," Tarr said. She suspects that by the time they earn their degrees, many of them will have proven they're smarter than she is. ■

Saving the World's Treasures

Since its inception 13 years ago, the U.S. Ambassadors Fund for Cultural Preservation has contributed millions of dollars to preserve cultural sites and objects, and traditional forms of expression, worldwide.

These projects include the restoration of buildings, conservation of manuscripts, protection of archaeological sites and documentation of vanishing crafts. The preserved sites and objects are all testaments to the experiences of humanity. —L.M.

Explore!

Learn about the U.S. Ambassadors Fund in the book *Priceless*.

<http://goo.gl/Fvqy6l>



The Father Tembleque Aqueduct in **Mexico** will be featured in next month's issue of **EJ|USA**.

Jordan

The Treasury, in Petra, a fortified city located in modern-day Jordan.

Carved from rose-red sandstone, the capital of the ancient Nabataean kingdom is one of the world's most iconic archaeological sites.





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Giving Your Opinion

- JAKE:** Where should we take a vacation this year? Let's **decide** soon.
- MELISSA:** Well, I'd like to go somewhere warm. **How about** the beach? Or we could rent a cabin on the lake.
- JAKE:** You want to go to the beach, again? I want to ski this winter. How about a compromise? What about traveling to the Alps in Europe next April? We can find a ski resort on a lake.
- MELISSA:** Oh, we've never been to Europe before! But I don't know if it will be sunny and warm then. I need to do some research first. That will help me **make up my mind**.

Language Notes

- **Decide** is a useful verb to express choice. The idiom **“to make up my mind”** also means “to decide”: “There are so many choices in this menu. It’s going to take awhile to make up my mind/decide.” You can finish this sentence with either the idiom or the verb “decide.”
- **How about** This phrase presents an alternative. This phrase can be followed by a subject plus a conjugated verb or by a noun: *How about we go swimming?* / *How about a movie tonight?*
- Many verbs express opinions: *to think* / *to believe* / *to suppose* / *to assume*, etc. They are not all synonymous. For example, “to suppose” and “to assume” express that the speaker has a preconceived idea: *He came back late from work, so I assumed that traffic was bad. / I suppose that may not have been the case, and that he might just have had a lot of work.*



Everyday Conversations:
Learning American English

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Tanya Hipple (left) in the As Kindred Spirits shop.

©D.A. PETERSON

A Seat at the Table

TANYA HIPPLE

Tanya Hipple is senior adviser for women's entrepreneurship at the U.S. Department of State. Earlier, she owned a business consulting firm.

In a decade of working with women running small businesses, I have witnessed the roller coaster called entrepreneurship, along with the perseverance required to ride it. From working out of the trunks of their cars to building multimillion-dollar businesses, women are doing what it takes to succeed.

In 2012, the Global Entrepreneurship Monitor reported, 126 million women in 67 of the world's economies started business ventures, generating millions of jobs and contributing substantially to their gross domestic product. They were in addition to the 98 million women already running established businesses.

In the United States alone, there are 8.6 million women-owned businesses, generating \$1.3 trillion in revenues and employing nearly 8 million people, according to *The 2013 State of Women-Owned Businesses Report*.

Despite the significant contributions women entrepreneurs have made to the global economy, the statistics show they are not employing large numbers of workers. They face numerous obstacles impeding the growth of their businesses, such as limited or no access to markets, capital, advanced business education and networks, as well as inadequate regulations, just to name a few.

Many women entrepreneurs are confronted by the barriers of

cultural traditions and societal perceptions. To run a successful business, some must go against the grain of tradition and forge new paths of understanding. Organizations such as Vital Voices, the Goldman Sachs 10,000 Women initiative, Thunderbird for Good and WEConnect International have worked diligently to provide resources to address these barriers.

Corporations and governments increasingly realize the economic benefits of addressing issues that hinder business ownership. Corporations have begun to incorporate women-owned businesses into their supply chains, while governments work to dismantle regulatory barriers.

Encouraging women to realize their entrepreneurial potential brings benefits to economies. Throughout my travels, I have had the opportunity to meet with women entrepreneurs all over the world. From Seng Takakneary of SentoSaSilk in Cambodia, who sells high-quality silk products worldwide, to Rukmini Walker, founder of As Kindred Spirits, an arts and jewelry shop in Washington's airport (see photo above), women are taking a seat at the table.

Women business owners are vital players in the development of emerging economies. They irrevocably can push economic development to new heights. ■

all about english



AUDITORY | relating to hearing or the ears, p. 6

CONTEXT | ...the situation in which something happens: the group of conditions that exist where and when something happens, pp. 3, 28

COPE | to deal with problems and difficult situations and try to come up with solutions, p. 11

FOSTER | to help (something) grow or develop..., p. 11

FUSING | ...to join or combine (different things) together..., p. 9

GRASS ROOTS | the ordinary people in a society or organization: the people who do not have a lot of money and power, p. 4

HIGH-OCTANE | ...very powerful, strong, or effective, p. 19

MENTOR | someone who teaches or gives help and advice to a less experienced and often younger person, p. 22

PARASITE | an animal or plant that lives in or on another animal or plant and gets food or protection from it..., p. 26

PHOTOJOURNALISM | the job or activity of using photographs to report news stories in magazines or newspapers, front cover

POLLINATE | to give (a plant) pollen from another plant of the same kind so that seeds will be produced, p. 26

RELUCTANT | feeling or showing doubt about doing something: not willing or eager to do something, p. 6

SEAMSTRESS | a woman who sews clothes, curtains, etc., as a job, p. 14

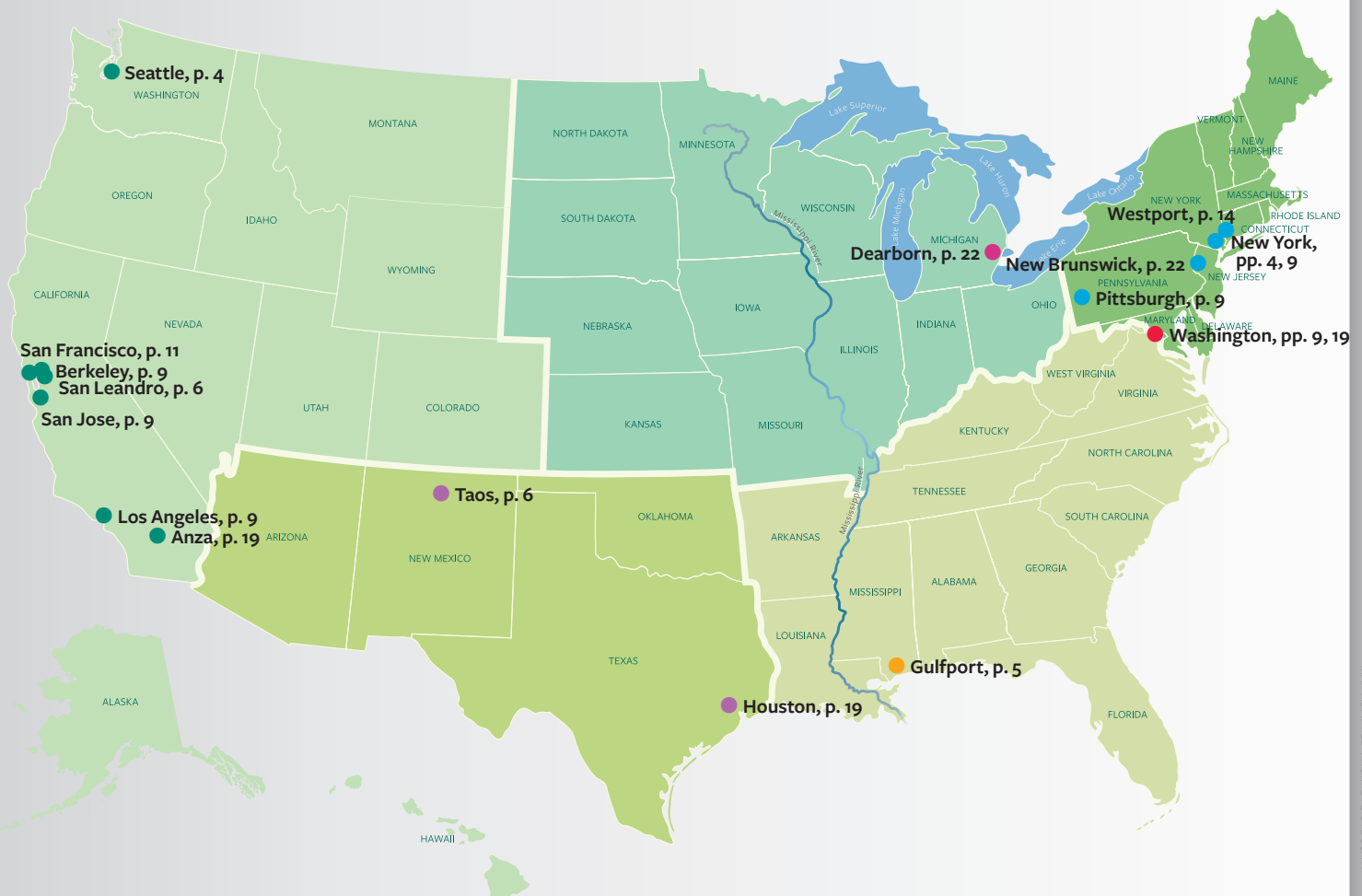
STRAIGHTAWAY | a straight part of a racecourse, p. 19

SUFFRAGE | the right to vote in an election, p. 22

VERSUS | ...used to indicate two different things, choices, etc., that are being compared or considered, p. 28

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CONNECTING THE DOTS





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